

# Community Broadcasting Suicide Prevention Project

January 2017

Track	Topic
1	<p>We catch up with Nick Arvanitis from <i>beyondblue</i> to find out about the Heads Up website and the impacts of mental health conditions on workplaces.</p> <p><b>DUR:</b> 1:55</p> <p><b>FW:</b> “At any given time, one in five employees in Australian workplaces are likely to be experiencing a mental health condition...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
2	<p><b>SANE Help Centre</b> advisor Suzanne Leckie says a good starting point for managing disappointment well is to prepare ourselves in advance.</p> <p><b>DUR:</b> 1:44</p> <p><b>FW:</b> “From time to time, we all experience disappointment – whether it’s because our team has lost the grand final, we didn’t get a job we really wanted, or some other reason...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
3	<p>We hear about the information, advice and support <b>headspace</b> provides to young people who are experiencing depression or are going through a tough time.</p> <p><b>DUR:</b> 1:44</p> <p><b>FW:</b> “If you’re a young person who’s experiencing depression, or if you’re going through a bit of a tough time - then a great place to go for information, advice and support is headspace...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
4	<p>We catch up with singer songwriter and <b>R U OK? Ambassador Louise Adams</b> and ask how we can use the simple question of ‘are you okay?’ to open up a dialogue with someone we’re concerned about.</p> <p><b>DUR:</b> 1:33</p> <p><b>FW:</b> “Many of us would know Louise Adams as a singer-songwriter who was the runner-up in the X Factor in 2015...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
5	<p>Alan Woodward, the Executive Director of the Lifeline Research Foundation, provides some advice for people who may be thinking about contacting <b>Lifeline</b>, but aren’t sure about taking the first step.</p>

	<p><b>DUR:</b> 1:35</p> <p><b>FW:</b> “If you’re going through a tough time in your life, or have a problem and wish you had someone you could talk to about it – then help is just a phone call or mouse click away...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
6	<p>We catch up with <b>Butterfly Foundation</b> CEO Christine Morgan and ask her why eating disorders and body image are such important issues in Australia today.</p> <p><b>DUR:</b> 1:55</p> <p><b>FW:</b> “For the large numbers of Australians affected by eating disorders, and their families and friends, the Butterfly Foundation provides support, information, and links to service providers...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
7	<p>We ask National Project Manager Stella Topaz for some advice for LGBTI people who may unsure about taking an important first step and contacting <b>QLife</b>.</p> <p><b>DUR:</b> 1:46</p> <p><b>FW:</b> “QLife is a national counselling and referral service for Lesbian, Gay, Bisexual, Transgender and Intersex – or LGBTI - people...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
8	<p>We hear about the <b>Mindframe National Media Initiative</b>, which aims to encourage responsible, accurate and sensitive representation of mental illness and suicide in the Australian mass media.</p> <p><b>DUR:</b> 1:48</p> <p><b>FW:</b> “The <i>Mindframe</i> National Media Initiative aims to encourage responsible, accurate and sensitive representation of mental illness and suicide in the Australian mass media. ...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
9	<p>We find out about <b>Lifeline’s online crisis chat service</b>, which is providing people who prefer to make contact online with quick and easy access to help and support.</p> <p><b>DUR:</b> 1:42</p> <p><b>FW:</b> “If you’re going through a tough time in your life, or have a problem and wish you had someone you could talk to about it – then help is just a phone call away, or even a mouse click if you prefer...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
10	<p>We profile the <b>Heads Up</b> website, which provides a wide range of resources, information and advice to help everyone in the workplace play their part in creating a mentally healthy working environment.</p> <p><b>DUR:</b> 1:55</p> <p><b>FW:</b> “At any given time, one in five employees in Australian workplaces are likely to be experiencing a mental health condition...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
11	<p>We catch up with <b>PANDA</b> CEO Terri Smith to find out about the help and support expecting and new parents can access if they’re experiencing depression</p>

	<p>or anxiety.</p> <p><b>DUR:</b> 1:48</p> <p><b>FW:</b> “PANDA – or Perinatal Anxiety and Depression Australia - provides a vital service to expecting and new parents, including a specialist national mental health telephone counselling service...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
12	<p><b>headspace’s</b> Head of Clinical Practice Vikki Ryall explains the types of issues young people can contact headspace about.</p> <p><b>DUR:</b> 1:46</p> <p><b>FW:</b> “If you’re a young person who’s experiencing depression, or if you’re going through a bit of a tough time - then a great place to go for information, advice and support is headspace – the National Youth Mental Health Foundation...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
13	<p>The <b>SANE Help Centre</b> provides some practical tips for managing and overcoming disappointment.</p> <p><b>DUR:</b> 1:46</p> <p><b>FW:</b> “From time to time, we all experience disappointment – whether it’s because our team has lost the grand final, we didn’t get a job we really wanted, or some other reason....”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
14	<p>Singer songwriter and <b>R U OK? Ambassador Louise Adams</b> tells us how she has used the R U OK? message in her own life.</p> <p><b>DUR:</b> 1:40</p> <p><b>FW:</b> “Singer-songwriting and X Factor runner-up Louise Adams is also a passionate ambassador for R U OK?...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
15	<p><b>Butterfly Foundation</b> CEO Christine Morgan provides some advice for people to help improve their body image.</p> <p><b>DUR:</b> 1:54</p> <p><b>FW:</b> “It is estimated that four per cent of the Australian population suffers from an eating disorder, and that less than 25 per cent of those affected are in treatment...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>We hear more about the <b>Mindframe National Media Initiative</b>, which aims to encourage responsible, accurate and sensitive representation of mental illness and suicide in the Australian mass media.</p> <p><b>DUR:</b> 1:28</p> <p><b>FW:</b> “The <i>Mindframe</i> National Media Initiative aims to encourage responsible, accurate and sensitive representation of mental illness and suicide in the Australian mass media...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

17	<p>We learn about the action planning tool on the <b>Heads Up</b> website, which provides organisations with specific concrete actions that contribute to creating positive mental health in the workplace.</p> <p><b>DUR:</b> 1:47</p> <p><b>FW:</b> “At any given time, one in five employees in Australian workplaces are likely to be experiencing a mental health condition...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
18	<p>National Project Manager Stella Topaz provides some more advice for LGBTI people who may unsure about taking an important first step and contacting <b>QLife</b>.</p> <p><b>DUR:</b> 1:31</p> <p><b>FW:</b> “QLife is a national counselling and referral service for Lesbian, Gay, Bisexual, Transgender and Intersex - or LGBTI - people...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p>We find out about the information and resources young people can access through the <b>headspace</b> website.</p> <p><b>DUR:</b> 1:26</p> <p><b>FW:</b> “If you’re a young person who’s experiencing depression, or if you’re going through a bit of a tough time - then a great place to go for information, advice and support is headspace - the National Youth Mental Health Foundation...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
20	<p><b>SANE Help Centre</b> advisor Suzanne Leckie says it’s important to acknowledge our feelings and let them out if we’ve experienced disappointment, but then to try and put our problem in perspective.</p> <p><b>DUR:</b> 1:49</p> <p><b>FW:</b> “From time to time, we all experience disappointment - whether it’s because our team has lost the grand final, we didn’t get a job we really wanted, or some other reason...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>